

T X

551

A45

copy 2

HOW TO LIVE  
ON  
3 MEALS A DAY

R. L. ALSAKER, M.D.



Class TX551

Book .A45

Copyright N<sup>o</sup> Copy 2.

**COPYRIGHT DEPOSIT.**







# HEALTH BOOKS

BY

R. L. ALSAKER, M.D.

EATING FOR HEALTH AND  
EFFICIENCY

HOW TO LIVE ON 3 MEALS  
A DAY

GETTING RID OF RHEUMATISM

DIETING DIABETES AND  
BRIGHT'S DISEASE

CURING CATARRH, COUGHS  
AND COLDS

CURING CONSTIPATION  
AND APPENDICITIS

CONQUERING CONSUMPTION

MAINTAINING HEALTH

FRANK E. MORRISON  
NEW YORK      NEW YORK

# HOW TO LIVE ON 3 MEALS A DAY

BY

R. L. ALSAKER, M.D.

FOOD EXPERT, LECTURER, AND AUTHOR OF  
"EATING FOR HEALTH AND EFFICIENCY,"  
"MAINTAINING HEALTH," ETC.



NEW YORK  
FRANK E. MORRISON  
PUBLISHER  
1917

copy 2

TX 551  
A45  
copy 2

COPYRIGHT, 1917,  
BY FRANK E. MORRISON  
NEW YORK

*All Rights Reserved*

JUL 19 1917

©CIA 470317

no 2



## PROLOGUE

“The cost of living is high,” you tell yourself, and then add, “We will lower it by forming societies and associations, and—letting the other fellow do most of the effective work.”

That is wrong. It is an individual proposition. It is up to you. It is the little things that count. You have to learn to live so as to lower the cost of living for yourself and your family. The neighbors will do likewise—maybe—and then the whole nation will save in the food bill, and you will share in this saving.

## *PROLOGUE*

And while you learn how to live at a smaller cost for food you can also learn how to live better, how to enjoy your food more, and how to have better health. And when your health improves your brain power increases, so you not only save money on your food, but you get into a strategic position to make more money through greater clarity of mind.

The right place to begin is with yourself, at home. Reform yourself and do your share, and the other fellow will very likely do his share.

So here you have the purpose of this book: To show you how to live better for less money, and how to have better health through better living, and in this way increase your mental power, which means an increased earning capacity.

## *PROLOGUE*

And here is much helpful knowledge in simple form. The simple things are the most valuable things in life.

Help yourself.

R. L. ALSAKER, M. D.



# CONTENTS

	PAGE
THE HIGH COST OF FOODS . . . . .	13
NECESSARY FOODS . . . . .	17
SUBSTITUTING INEXPENSIVE FOODS FOR EXPENSIVE ONES . . . . .	21
SAVING IN BUYING . . . . .	28
SAVING IN PREPARING FOODS . . . . .	30
SAVING IN EATING . . . . .	39
BREAKFASTS . . . . .	45
LUNCHESES . . . . .	47
DINNERS . . . . .	49
BALANCED MENUS FOR TWO DAYS . . . . .	55
WARM WEATHER MENUS FOR ADULT MEAT EATERS DOING LIGHT WORK . . . . .	57
WARM WEATHER MENUS FOR ADULT MEAT EATERS DOING MANUAL LABOR . . . . .	61
WARM WEATHER MENUS FOR ADULT VEGETARIANS DOING LIGHT WORK . . . . .	63
WARM WEATHER MENUS FOR ADULT VEGETARIANS DOING MANUAL LABOR . . . . .	67
COLD WEATHER MENUS FOR ADULT MEAT EATERS DOING LIGHT WORK . . . . .	69
COLD WEATHER MENUS FOR ADULT MEAT EATERS DOING MANUAL LABOR . . . . .	72
COLD WEATHER MENUS FOR VEGETARIANS DOING LIGHT WORK . . . . .	74

	PAGE
COLD WEATHER MENUS FOR VEGETARIANS DOING MANUAL LABOR . . . . .	78
STRICTLY VEGETARIAN MENUS FOR TWO DAYS— FIRST FOR SEDENTARY INDIVIDUALS, SECOND FOR MANUAL LABORERS . . . . .	79
MENUS FOR CHILDREN FROM FOUR TO TEN YEARS OF AGE . . . . .	81
MENUS FOR CHILDREN ABOVE THE AGE OF TEN .	85
EPILOGUE . . . . .	88

# HOW TO LIVE ON 3 MEALS A DAY

## *The High Cost of Foods*

Since the outbreak of the great European war the birdmen of the armies and the cost of food have freely soared. Food prices have become a serious problem. Salaries have advanced comparatively little, while the foods have in some instances doubled and trebled in price. Three years ago no one dreamed of flour at fifteen to twenty dollars per barrel, but that is the cost at this writing. Those whose salaries have remained almost the same as they were in 1914 find themselves faced with the serious problem of

## *HOW TO LIVE*

properly feeding and clothing their families.

Having studied and taught practical dietetics for years, I may be able to shed some light on the solution of this problem. Those who are willing to think and act can do many things to reduce the living costs, and at the same time gain in health. Read these pages without prejudice, put the advice into practice, keep the cost of living within bounds, and at the same time gain in physical and mental effectiveness.

We read a great deal about solving the problem of high living costs, but those who write on the subject usually like to deal in large figures, writing about millions and billions. It is impressive, but it gets us nowhere. It is starting at the wrong end, because if



## *ON 3 MEALS A DAY*

food is to be conserved it has to be conserved in the homes; and if the high cost of living is to be reduced it has to be reduced in the homes. It is largely a problem for the housewife. A great deal of food can be conserved in every home, and many economies can be put into practice, and at the same time the families can live well and have better health than they had in the days when foods were cheap. It is largely an individual and a family problem.

I shall point out how the housewife can make little changes that will save the family many dollars each year in groceries. Doctor bills are included in the high cost of living and dying, and doctor bills can also be saved. If each family saves in this way, it does not take advanced mathematics to prove that the nation will save hundreds of

## *HOW TO LIVE*

millions of dollars in food alone. This will enable us to spare more food for those in other lands who are dependent upon us for a part of their food supply.

We shall begin by pointing out various common mistakes that are costly and the way to correct them; then we shall plan a number of meals that will be reasonable in price, and at the same time nutritious and palatable. We shall also give many practical menus for hot and cold weather, for the manual laborer and the individual with sedentary employment, for the child and the adult.

Those who put this valuable knowledge into practice can do what thousands of others have learned to do—live more cheaply and at the same time live better. No one lives well who is

## ON 3 MEALS A DAY

ill. Proper feeding will do more to regain and retain health than any other measure, in fact more than all other measures put together.

If this time of stress teaches us to live better, it will bring us great blessings.

### *Necessary Foods*

We must have food, but it is needless to waste as much food as we have wasted in the past. Nature has been so kind to this country that the inhabitants have fallen into the habit of supplying their tables much too generously, and whatever has been left over has very frequently been thrown away. Now that foods are so expensive, and so many people are figuring on ways and means of reducing their grocery bills, it behooves them to pre-

## *HOW TO LIVE*

pare only enough food for their needs, and in this way they can save their money and their health. When too much food is prepared, overeating nearly always follows, and overeating has been, and is, the worst foe of health in this country.

If you enjoy thinking in large figures, you may work out this problem: If 100,000,000 individuals daily waste two ounces of food apiece, how many million pounds of food will our nation waste in a year? The answer is many million pounds, and two ounces of food waste a day per person is rather a low estimate. We should stop the leak.

We must eat to repair the body waste, and to produce heat and energy. For these purposes we need several kinds of food, and these are the classes

## ON 3 MEALS A DAY

of foods necessary; please pay particular attention, for they will be referred to from time to time:

*Proteins.*—The most important proteins are lean meat, lean fish, eggs, peanuts, ripe peas, ripe beans, milk, cheese, and nearly all varieties of nuts. These foods supply the albumen to the body.

*Starches.*—The most important starches are all the ripe grains and the foods made of flour and grains, such as breads, biscuits, macaroni, spaghetti, rice in all forms; also ripe peas, ripe beans, Irish potato, sweet potato, and Hubbard squash. The starches make heat and energy and help to produce fat in the body.

*Sugars.*—We get our supply principally from sugar cane, sugar beets, maple sap, honey, sweet potatoes and

## HOW TO LIVE

the sugars in sweet fruits, such as figs, dates, raisins, ripe bananas and sweet prunes. Sugars serve the same purpose as the starches.

*Fats.*—Butter, fat meat, fat fish, peanuts, especially the little roundkerneled ones, most nuts, various kinds of vegetable oils, such as olive oil, peanut oil and cottonseed oil, are the principal sources of fats. Fats serve about the same purpose as sugars and starches. Some fat is needed for physical welfare, but it makes no special difference whether it is vegetable or animal fat.

As the succulent vegetables are very important, and we shall often refer to them, we give a list of the most common ones.

*Succulent Vegetables.*—Asparagus, beets, beet tops, cabbage, carrots, cau-

## ON 3 MEALS A DAY

liflower, cucumbers, egg plant, lettuce, okra, onions, parsnips, radish, summer squash, tomatoes, spinach, kohlrabi, young green peas, artichokes of the green or cone variety, chard and other greens for boiling, string beans, celery, corn on the cob, turnips, turnip tops, lotus, endive, dandelion and kale.

### *Substituting Inexpensive Foods for Expensive Ones*

Eating is part necessity and part habit. The rule is that people like the foods that they learn to eat during their younger days, and that they will continue to eat these foods, whether good or bad, unless there is some very special reason for changing. Those who have been brought up to eat expensive foods will continue to eat these

## *HOW TO LIVE*

foods, whether they are good or harmful, if they can afford it. Those who have learned to live simply very often continue to live in a simple way, and they enjoy that manner of living. The common people in Europe, during peace times, live on very plain fare, and they are quite healthy.

The rule is that the more complex the manner of eating, the more unhealthy is the individual; or to put it into positive form, the simpler the living, the healthier the individual. So it is to the interest of everybody who values health to live simply.

There are many who have beer incomes and champagne tastes. I have seen young men who complained of the high cost of living, while eating dollar steaks; and a fifteen cent stew would serve the purpose just as well.



## ON 3 MEALS A DAY

The expensive cuts of meat are no more nourishing than the cheaper ones, and those who really know how to cook well can make an inexpensive meat joint as tasty as the more costly cuts.

Meat is generally thought of as a necessity, but we can live in splendid health without tasting this food. We get albumen from meat, but we can also get albumen in good form and sufficient quantity from milk, cheese, eggs, peanuts, ripe beans, ripe peas and other foods. If meat is very costly, why not substitute one of these foods that are cheaper? If properly prepared they are appetizing and easy to digest; yes, even the navy bean and the peanut.

Many believe that they must have meat three times a day. This is a fallacy. People living in towns and cities

## *HOW TO LIVE*

can not eat meat three times a day and retain their health.

In cold weather meat should be eaten not to exceed once a day, and in warm weather not to exceed three or four times a week. This statement is made not only from an economic standpoint, but also from the standpoint of health.

Most families think that they must have butter. Butter is a good fat, but if it costs fifty cents or more per pound, it is not an economical fat. Those who find it hard to make ends meet can substitute some other form of oil or fat. Some families like chicken fat, or bacon grease. Others are fond of vegetable oils, such as peanut oil, olive oil, or even cottonseed oil. Sixteen ounces of good oil have about the same food value as twenty ounces

## ON 3 MEALS A DAY

of butter, for butter is about one-fifth water and salt.

Oleomargarine, if made in cleanly manner, is a good fat, and the uncolored article is just as nourishing and wholesome as butter, and much cheaper. What is more, well made oleomargarine can with difficulty be told from butter. Sometimes even the wealthy people serve it, and no one is any wiser, and it occasionally happens that butter is not butter, but oleomargarine.

Many like peanut butter, and it may be used in place of dairy butter. The peanut is very versatile, taking the place of both meats and butter.

If any particular starchy food, such as the potato, becomes too expensive, why not stop eating it and substitute some other kind of starch? Rice con-

## HOW TO LIVE

tains about 13 per cent. water and 87 per cent. nourishment. The Irish potato contains about 80 per cent. water and 20 per cent. nourishment. So weight for weight rice is more than four times as nourishing as the Irish potato. The potato is eaten chiefly for its starch content, and so is the rice. Potatoes are a good food. We have become accustomed to them, but they are not necessary.

Great quantities of sweet potatoes are allowed to rot each year. Sweet potatoes are composed of about 50 per cent. water and 50 per cent. nourishment. As the Irish potato is composed of 80 per cent. water and 20 per cent. nourishment the sweet potato contains more than twice as much nourishment as the Irish potato. Sweet potatoes may be substituted for

## ON 3 MEALS A DAY

other starchy foods, or they may be used in place of sugars. They are rich in starch and sugar. To get the full value out of them, bake them and eat the inner skin. If sweet potatoes are used in place of Irish potatoes, please remember that it is necessary to eat less than one-half the amount in order to get the same amount of nourishment.

Corn is generally cheap. It is just as nourishing and wholesome as wheat products. Corn muffins and corn bread, made thin and well baked, are wholesome and delicious foods.

The whole subject of substituting to save expense can be put into one sentence, namely: If a certain food becomes very expensive, quit eating it, and in its place use some other food

## HOW TO LIVE

of the same class that does not cost so much.

### *Saving in Buying*

If everybody would pay cash for groceries, the grocer could sell for less money, because it requires both clerk hire and other expenses to collect bills. The grocer does not pay for this. He passes it on to you, adding it to the cost of groceries, and the consumer—you—pays the price. Pay cash for your groceries, and get a discount for so doing. You save the grocer the collection expenses.

Also quit buying staple foods in very small quantities. It takes just as much clerk hire to put up a small package as it does to put up a larger one, and it costs just as much to deliver one pound of coffee as it does to

## ON 3 MEALS A DAY

deliver a sack of flour. Again, the grocer does not pay these delivery charges. He adds them to your bill, and you pay.

The rule is, the smaller the quantity bought at a time, the more the article costs per pound.

Talking about the cost of groceries, did you ever hear any one complain much about the cost of tea, coffee, tobacco and alcohol, four articles that are not only useless, but harmful? As has been well said, the luxuries, especially the harmful ones, we must have. The necessities we can go without.

Those who do not use these drugs—for tea, coffee, tobacco and alcohol are drugs—are just as happy and a great deal healthier and more efficient. The national bill for these drugs runs into hundreds of millions of dollars.

## HOW TO LIVE

### *Saving in Preparing Foods*

White flour is wasteful. It takes from 240 to 300 pounds of wheat to make 198 pounds of white flour. In other words, at times one-third of the wheat is wasted in milling, so far as human consumption goes. This amounts to 200,000,000 bushels of wheat or more wasted each year in our country.

In making whole wheat flour in the right way there is little or no waste, and I mean in making the genuine whole wheat flour, grinding the entire wheat kernel into flour. It will make almost one pound of flour to one pound of wheat. Just figure out what a saving this will be in the food supply, and that is not all, for it will not only save the food but it will help to build



## ON 3 MEALS A DAY

health. White flour is practically a dead food, being composed almost entirely of pure starch. Whole wheat flour is a live, health-bringing food, containing not only starch, but all of the protein and all of the health-giving mineral salts in the wheat kernel. These salts are needed for bodily welfare.

Whole wheat flour helps to build good rich blood, and with healthy blood the whole body stays in good condition. It also helps to keep the bowels regular, and every one knows how harmful constipation is.

Not only is good wheat spoiled in milling, but a large part of it is wasted in making yeast bread.

Yeast bread is wasteful, because a great deal of the flour is used up in raising the dough—in making the

## *HOW TO LIVE*

bread light. The waste varies, according to the manner in which the bread is made, but eight per cent. of the flour is often used up in causing the dough to become porous. The yeast begins to work, and this means that a part of the flour is turned into carbonic acid gas and alcohol, which puff up the dough. So far as feeding is concerned, this is waste, for the carbonic acid gas escapes and the alcohol is driven out by the baking heat.

Many millions of bushels of wheat would annually be saved if we would discontinue using yeast bread, and make unleavened bread or baking powder breadstuffs instead, using whole wheat flour. The real whole wheat flour has a splendid nutty flavor when made into breadstuff, a fine

## ON 3 MEALS A DAY

flavor that makes white bread seem flat and insipid.

Bread crusts should not be thrown away. They are splendid food. Crisp them up in the oven, butter them, masticate thoroughly and feel satisfied, for they are nourishing, wholesome and appetizing. They make a fine meal with either a glass of milk or a cup of custard.

To put it truthfully, we waste annually several hundred million dollars in milling the wheat, making yeast bread, and throwing away a large part of the loaf.

Potatoes are generally peeled, soaked in cold water, and put into another water to boil, and this water is thrown away. By preparing them in this manner, the potatoes are deprived of a large part of their health-giving

## HOW TO LIVE

salts, also a large share of their nutritive value. Peeling and boiling potatoes cause a waste of from twenty to thirty per cent., so we are here wasting millions of dollars worth of food every year.

The best way to cook potatoes is either to bake them or to steam them in the jacket. If they are well scrubbed and baked, a part or all of the skin may be eaten by those who relish it. The next best way to prepare potatoes is to boil them in the jacket.

Sweet potatoes should be steamed or baked in the jacket, otherwise they are largely wasted.

A large part of the nutritive value of the rice is frequently wasted in cooking. The polished rice is rather a poor, dead food. The mineral salts

## *ON 3 MEALS A DAY*

have for the greatest part been removed, and this should not be done. The best rice is the natural rice, which is not polished and is brownish in color. Many soak the rice and throw the water away; others boil the rice in a large quantity of water and drain this water off. This is a mistake, for much of the nutriment dissolves in the water in which the rice is soaked and boiled, and is wasted in this kind of cooking.

Here is the correct way to prepare rice: Wash it. If you wish to soak it after washing, that is all right, but cook the rice in the water in which it was soaked. Either cook in plain water until done, or cook in double boiler, or steam it, but do not drain. If any seasoning is done it should be when the cooking is about completed.

## HOW TO LIVE

Raisins cooked with rice make a palatable, nutritious dish.

Hubbard squash is as nourishing as Irish potatoes, and the best way to cook it is to cut it into rather large pieces and bake in the skin. Then there is no waste.

Succulent (juicy) vegetables (see the list on pages 20-21) are usually cooked in a wasteful way. They are generally cooked in a great deal of water, and the water is drained off. Through this method of cooking, the most valuable part of the vegetables is poured into the sewer. The succulent vegetables are rich in the natural mineral salts, which are needed to keep the body sweet and healthy, and in the old way of cooking these salts are largely wasted.

The correct way to cook almost all

## *ON 3 MEALS A DAY*

of the succulent vegetables, if they are to be boiled, is this: Clean the vegetable in question, put it on to cook in just enough water to keep it from scorching, but do not season. When done serve the vegetable with its share of the liquid, and let each individual do his own seasoning. Steaming, fireless cooking and pressure cooking are splendid methods of preparing vegetables, because when so prepared all of the valuable mineral salts are saved and eaten, and pardon the repetition, for if you heed it you will help both your pocketbook and your health, we need these natural mineral salts to keep the blood sweet and clean. We not only save food and money, but we build health through proper cooking and eating.

A splendid way to waste and spoil

## *HOW TO LIVE*

food is to fry it. After a certain point is reached in frying, the food can not be digested, at least the part that is burned with the hot fat will not digest. So the food is not only spoiled, so far as food value is concerned, but it helps to ruin digestion. Much meat is spoiled in the frying pan.

Quit frying, conserve your food and your health, and at the same time lower the cost of living.

All kinds of condiments and spices should be used in moderation because they overstimulate the appetite; this leads to overeating; overeating wastes food and ruins the health and raises the cost of living. Refined white sugar should be classed with the condiments. It furnishes heat, it is true, but it is also an irritant which causes overstimulation and creates a false appe-



## ON 3 MEALS A DAY

tite. Refined sugar is a dead food, almost pure carbon, and should be eaten in moderation. The national average is about four ounces a day per individual, which is much too much.

### *Saving in Eating*

Foods that are simply prepared are best. The more natural the foods the better health they build. The body is better nourished on simple foods than on complex mixtures, for when one eats of the simple, natural foods the tendency is for the blood to remain pure and sweet, while if one eats largely of the complex mixtures the tendency is for the body to become acid (sour) and for the blood to become impure. Eat simply and avoid the trouble and expense of becoming ill.

## *HOW TO LIVE*

Another aid to health is thorough masticating. Eat slowly and masticate well. By so doing one improves the digestion. Those who eat fast eat too much. An excessive amount of food leads to indigestion and disease. It not only makes the food bill too high, but it brings illness, with its expenses and worries. Those who are troubled with much gas are wasting food in their digestive tracts. Gas in the stomach and bowels usually means an excessive intake of food.

Most individuals believe that they must eat three hearty meals a day. This is too much for those who do ordinary work. The average individual needs one full meal a day, and one or two light meals, or lunches, besides. One should never eat in the absence of hunger. When food is needed, hunger

## *ON 3 MEALS A DAY*

will always be present. When hunger is absent it means that no food is needed. Those who eat when they are not hungry not only waste food, and raise the living cost, but they are laying the foundation for sickness.

A common combination of food is bread, meat and potatoes. Forget your prejudices and face the fact, which is that such combining is wasteful, expensive and disease-producing. Yes, many can live this way for years and think themselves healthy, but there is either something the matter with them, or they are laying the foundation for serious degeneration of the body. Bread should not be eaten with meat and potatoes. The body is unable to take good care of so much food.

Some are in the habit of having fish

## *HOW TO LIVE*

and meat, or several kinds of meat, in the same meal. This is a serious mistake, for it overburdens the body with protein. Make it a rule to eat only one kind of concentrated protein in a meal. (See list of proteins, page 19.)

When meat is taken, fish, eggs or milk should not be eaten in that meal.

Meat and potatoes are a very common combination. It is not necessary to have potatoes with meat. Meat with cooked succulent vegetables and raw salad vegetables make a good meal.

Desserts do a great deal of harm because many are in the habit of eating all they are able to eat of other foods, and then they take desserts in addition. If the meal is to end with a dessert, eat less of other foods. Leave

## *ON 3 MEALS A DAY*

room for the dessert, and avoid gluttony.

Overeating is one of our worst habits. If people would eat properly, most of us doctors could get into some other line of work. Eggs, bacon, toast and coffee make a fine start in the morning for building disease and handing your hard-won savings over to some member engaged in the practice of the healing art. Those who have gas in the digestive tract, or sour stomach, or heartburn, or a badly coated tongue, or bad taste in the mouth in the morning, or pimples, or muddy skin, usually overeat.

Select good foods, prepare them simply, avoid complex combinations, eat slowly and moderately, and you will not only conserve the food supply, lower the personal and family

## *HOW TO LIVE*

cost of living, and increase your physical health, but your mind will be clear, active and efficient. You will put yourself in condition to do well for yourself and for others.

It is the little things that count. I have touched upon mistakes that cost this country over a billion dollars every year and correspondingly raise the cost of living. Set your own house in order and correct your own mistakes. The way has been pointed out, showing leaks that most people do not think of. What good does it do to raise vast quantities of food, if it is wasted? Correct these mistakes in your own home, for you are making some of them. It is your problem, for it is the duty of each and every one to do everything possible to conserve the food supply so that we can help those

## ON 3 MEALS A DAY

across the sea who are partly dependent upon us for their food supply.

### *Breakfasts and Lunches*

We shall plan some meals that are simple, inexpensive, nourishing and healthful.

Meals like the following may be used for breakfast or for lunch; each figure represents a full meal:

1.

Whole wheat biscuits with butter,  
or peanut butter.

Raisins.

Glass of milk.

2.

Bran muffins with butter.

Honey, or real maple syrup.

3.

Baked apple.

Cooked or raw figs.

Dish of cottage cheese.

## HOW TO LIVE

4.

Stewed rhubarb, moderately sweetened.

Dates or raisins.

An order of cheese, if desired.

5.

Stewed prunes.

Ripe bananas.

Glass of milk or buttermilk.

6.

One egg, not fried.

Crisp strips of bacon.

Corn bread, or muffins. (Cold weather breakfast.)

7.

Boiled whole brown rice with raisins.

Glass of milk.

8.

Raw apple.

Figs, either cooked or raw.

Cottage cheese, or other mild cheese.

(NOTE.—Where one kind of sweet fruit is mentioned, another one may be substituted. For example, if raisins are mentioned, figs or dates may be used instead.)



## ON 3 MEALS A DAY

### *Lunches*

The average individual should eat a light lunch. Meat should have no part in it. The following will show how to make up wholesome lunches.

#### 1.

Either whole wheat or rye toast with butter.

Cup of custard.

#### 2.

Baked potato with butter, or peanut butter.

Large dish of cooked carrots, or stewed onions.

Lettuce, or cabbage slaw.

#### 3.

Baked potato with butter.

String beans.

Spinach, or other kind of greens.

#### 4.

Whole wheat toast, or biscuits, with butter.

Dish of ice cream.

## HOW TO LIVE

### 5.

Rye bread, or whole wheat bread,  
with butter.

Corn on the cob, or stewed corn.

String beans, or green peas.

### 6.

A fruit and vegetable salad made of  
lettuce or celery, and two or three  
kinds of fruit, sprinkled with meats of  
nuts or peanuts.

### 7.

Pea soup, or vegetable soup.

Graham crackers with butter.

Boiled cabbage, or other succulent  
vegetable.

### 8.

Macaroni and cheese.

Cooked turnips, or okra.

Cabbage slaw, or a plate of lettuce.

(NOTE.—Where one kind of starchy  
food is mentioned another similar

## ON 3 MEALS A DAY

food may be substituted. If whole wheat toast is called for, rye bread, or corn bread, or rice may be used in its place. One kind of starchy food is enough at any one meal. Those who eat several kinds of starches in the same meal generally overeat of starch.)

### *Dinners*

The heaviest meal of the day should as a rule be eaten when there is no more hard work to be done. In the city this means that evening dinners are best. Those who do not have to work hard can eat their dinners either at noon or in the evening.

#### 1.

Baked lima beans.

Spinach, or other boiled greens.

Boiled beets, or string beans.

Lettuce, or a salad of raw vegetables.

## HOW TO LIVE

### 2.

Fresh meat, or fresh fish.  
Cooked parsnips, or turnips.  
Cabbage slaw.  
Stewed prunes, or baked apples.

### 3.

Rice and cheese (made like macaroni and cheese.)  
Boiled or baked onions.  
Cooked chard, or other greens.  
Green vegetable salad and raisins.

### 4.

Omelette, or scrambled eggs.  
Okra, or steamed cabbage.  
String beans, or greens of some kind.  
A salad of lettuce, apples and chopped figs.

### 5.

Baked navy beans.  
Beet greens, or other cooked greens.  
Green peas and carrots cooked together.  
Vegetable salad.

## ON 3 MEALS A DAY

### 6.

Fresh meat, or fresh fish.  
Stewed corn, or corn on the cob.  
Baked potatoes.  
Lettuce, or cabbage slaw.

### 7.

Macaroni and cheese.  
Kale, or other boiled greens.  
String beans.  
Sliced cucumbers, or a vegetable salad.

### 8.

Corned beef boiled in plain water.  
Cabbage boiled in plain water—not  
with the corned beef.  
Cauliflower, or asparagus.  
Apple sauce or a piece of apple pie.

Please note a few points about these dinners:

*First.*—The average individual wants meat for every dinner, thinking that it is necessary. Meat does furnish protein, but baked lima beans, rice and

## HOW TO LIVE

cheese, eggs in any form, baked navy beans, and macaroni and cheese furnish plenty of protein, and usually at a much lower cost than meat. All of these dishes are meat substitutes. So far as food value is concerned, all of them furnish more nourishment at less cost than does lean meat.

*Second.*—Fresh vegetables are freely prescribed in these meals. The reason is that vegetables keep the blood pure and clean, and hence help us to remain in health.

*Third.*—Very little is said about desserts. This is because, outside of fruit, desserts should not be eaten daily. Their use generally results in overeating, which is not only wasteful and expensive, but unhealthy.

*Fourth.*—These meals are nutritious, but not expensive.

## ON 3 MEALS A DAY

*Fifth.*—Potatoes are rarely mentioned in these dinners, and the reason is that the average individual gets too much food into his system when he eats both meat and potatoes in the same meal, with other foods added. A dinner of potatoes and other vegetables, without meat, is both wholesome and nourishing, and usually economical.

*Sixth.*—If one succulent vegetable is mentioned, any other succulent vegetable may be substituted for it. For instance, if you prefer turnips to carrots when carrots are indicated, help yourself. (See list of succulent vegetables on pages 20-21.)

*Seventh.*—This is partly a repetition. Meat is not a necessity. Fish, eggs, milk, cheese, most nuts, peanuts, ripe peas, ripe beans and lentils may be used in place of meat. All the

## HOW TO LIVE

foods mentioned are good foods, and the only reason meat is in such great demand is that meat eating has become a habit in our land.

*Eighth.*—Baked beans, baked lima beans, ripe peas and lentils are closely related. They are such hearty foods, and so very nourishing that when one of them is eaten as the main part of the meal, no other hearty food (such as bread, potatoes and meat) should be eaten in the same meal. In fact it is best to avoid desserts too when ripe beans, ripe peas and lentils form a part of the meal. Masticate them well, eat them with cooked and raw succulent vegetables and they make a good meal.

*Ninth.*—Most dinners are limited to four articles of food, not because there is any charm in the figure four, but



## ON 3 MEALS A DAY

because this is sufficient variety. Remember that too great variety leads to overeating.

### *Balanced Menus for Two Days*

This is to serve as a suggestion for those who do not know how to make up balanced rations for the day:

#### One Day

##### 1.

Whole wheat toast, or biscuits with butter.

Honey, if desired.

Dish of cottage cheese.

##### 2.

Vegetable soup.

Graham crackers, or graham bread.

Cooked carrots.

A raw vegetable, if desired.

## HOW TO LIVE

### 3.

Roast beef with natural gravy.  
Cooked parsnips.  
Green peas, or cauliflower.  
A baked apple, or a fruit salad.

### Another Day

#### 1.

Stewed prunes, well masticated.  
Dish of berries, or some other kind  
of juicy fruit.  
Either sweet milk, or buttermilk.

#### 2.

Baked potatoes, or whole wheat  
toast, with butter.  
Either a few raisins, or a dish of  
string beans.  
Dish of cabbage slaw, or sliced cu-  
cumbers.

#### 3.

Baked lima beans, or baked navy  
beans.  
Turnips, boiled or steamed.  
Cabbage, boiled or steamed.  
Lettuce, or celery.

## ON 3 MEALS A DAY

(NOTE.—This kind of food furnishes plenty of building, heating and energy-making material for the average individual. A laborer might need some more starch, but this is plenty for the average man and woman.

### *Menus*

People in different walks of life, doing various kinds of work, ages and seasons also varying, need different feeding. The rest of the book will be devoted to meals for children and adults, manual laborers and sedentary workers, meat eaters and vegetarians. It will help everybody to help themselves to the right mode of eating.

### I

#### *Warm Weather Menus for Adult Meat Eaters Doing Light Work*

During the warm months an individual needs less food than during the

## HOW TO LIVE

cold months, especially less of meats and fats. What follows each figure is a meal, and meals 1, 2, and 3 make a day's menu.

By light work we mean work that does not require great muscular effort.

### 1.

Cantaloupe, with or without berries.  
Glass of milk.

### 2.

Baked potato, or whole wheat bread, with butter.  
Green peas, or string beans.  
Lettuce with dressing.

### 3.

Eggs, boiled or scrambled.  
Cooked chard, and a dish of carrots, with dressing.  
Salad of lettuce and tomatoes.

## ON 3 MEALS A DAY

### 1.

Oatmeal, or boiled rice, with butter.  
Glass of whole milk.

### 2.

Corn on the cob with butter.  
Cooked cabbage, or other succulent vegetable.  
Dish of berries, or a piece of melon.

### 3.

Chicken, cooked to suit taste.  
Small dish of steamed rice.  
Asparagus, or spinach.  
A salad of raw vegetables, and ripe olives.

---

### 1.

Ripe bananas, or stewed figs.  
Dish of any kind of berries, or a glass of milk.

### 2.

Baked or steamed potatoes, or whole wheat toast, with butter.  
Summer squash, or other succulent vegetable.  
Glass of buttermilk.

## HOW TO LIVE

### 3.

Pecan meats, or other nut meats.

Corn on the cob with butter. Beet greens.

Tomatoes and lettuce salad, or sliced cucumbers.

Fruit gelatin, if desired.

---

### 1.

Bananas, baked or raw.

Well baked biscuits, with butter.

Glass of milk or buttermilk.

### 2.

Cooked rice, or toast, with butter.

Dish of ice cream.

### 3.

Lamb chops with natural gravy.

Corn on the cob with butter.

Dish of kale, or other kind of greens.

Tomato and lettuce salad.

## ON 3 MEALS A DAY

### 1.

Watermelon or cantaloupe, all you desire, and nothing else. Good on hot morning.

### 2.

Vegetable soup.

Baked potatoes, or whole wheat toast, with butter.

Buttermilk, or sweet milk.

### 3.

Nuts, or eggs, or fish, or beefsteak.

Asparagus, and beet greens.

Fruit salad.

Dish of custard.

(NOTE.—Succulent vegetables are the juicy vegetables. See the chapters on cooking in "Eating for Health and Efficiency" for proper way to prepare and dress the foods.)

## II

### *Warm Weather Menus for Adult Meat Eaters Doing Manual Labor*

Those who do manual labor need more starch than sedentary workers, but they do not need more meat.

## HOW TO LIVE

### 1.

A dish or two of oatmeal with butter.

Some whole wheat bread with butter.

Glass of milk.

### 2.

Sandwiches made of bread, cheese, butter and lettuce leaves.

### 3.

Some kind of fresh meat.

Cooked cabbage and cooked turnips.

Cabbage slaw, or sliced cucumbers.

Dish of custard.

---

### 1.

Bananas, raw if fully ripe; baked if unripe.

Two or three ounces of either raisins or figs.

Dish of cottage cheese, or glass of milk.

### 2.

Sandwiches of rye bread, cheese and butter.



## ON 3 MEALS A DAY

### 3.

Eggs, either hard or soft boiled.  
Steamed or baked potatoes.  
Corn on the cob, or cooked turnips.  
Either lettuce, or sliced cabbage.

(NOTE.—These menus are made up of food that carries both nourishment and health. The sandwiches are mentioned at noon time because they are easy to take along to work. Eat slowly and masticate well.)

## III

### *Warm Weather Menus for Adult Vegetarians Doing Light Work*

We shall pretend that the vegetarians who read these pages use eggs and dairy products, though some vegetarians strictly tabu animal foods.

### 1.

Cantaloupe, with or without berries.  
Glass of sweet milk, or buttermilk.

## HOW TO LIVE

### 2.

Potatoes, baked or steamed, with butter.

Corn on the cob.

Lettuce, or other green raw vegetables.

### 3.

Celery soup, or vegetable soup.

Whole wheat biscuits.

Spinach, or kale.

Dish of peas.

---

### 1.

Bananas, baked or raw.

Dish of cottage cheese, or glass of milk.

Dish of peaches, or berries, if desired.

### 2.

Either muffins, or biscuits, with butter.

Dish of young carrots, or beet greens.

## ON 3 MEALS A DAY

### 3.

Pecans, or almond nut meats.

Stewed onions and string beans.

A salad of either raw fruits or raw vegetables.

Ripe olives.

---

### 1.

Peaches, or berries.

Raisins with nuts.

### 2.

Whole wheat toast with butter.

Dish of ice cream.

### 3.

Rye bread with butter.

Corn on the cob, and carrots.

Salad of lettuce and cucumbers.

Raw or stewed dates, if desired.

---

### 1.

Ripe raw bananas.

Plums, or apricots.

Glass of milk, or some roasted peanuts.

## HOW TO LIVE

### 2.

A salad made of lettuce and two or three kinds of fruit, with nut meats sprinkled over it.

Fine lunch on hot day.

### 3.

Eggs cooked any way except by frying.

Corn on the cob with butter.

Beet greens, or other greens.

Dish of ice cream.

---

### 1.

Berries, or peaches.

Baked apple.

Dish of cottage cheese.

### 2.

Lentils, boiled, baked or steamed.

Asparagus.

Dish of lettuce, or a combination vegetable salad.

## ON 3 MEALS A DAY

### 3.

Nut meats, or peanut kernels, either whole or flaked okra and new cabbage.

Fruit salad, or a fruit and vegetable salad.

(NOTE.—Whenever butter is mentioned in these menus, in the entire book, cow butter, nut butter, peanut butter, or a good brand of margarine may be used. Olive oil, peanut oil, or cottonseed oil also take the place of butter.)

### IV

#### *Warm Weather Menus for Adult Vegetarians Doing Manual Labor*

Manual laborers need about the same kind of food as sedentary workers, except that they need more force food—starch, sugar and fat.

#### 1.

Stale bread, or oven toast, with butter.

Glass of milk, or cottage cheese.

## HOW TO LIVE

### 2.

Ripe bananas.

Raisins, or dates.

Some peanuts, or nut meats, if desired.

### 3.

Eggs, boiled or scrambled.

Corn on the cob with butter, and spinach.

Lettuce, or cabbage slaw.

Berries, or some kind of raw juicy fruit.

---

### 1.

Stewed or soaked prunes.

Whole wheat biscuits with butter.

Glass of milk, if desired.

### 2.

Stale bread, or toast, with butter.

Peanut kernels, or mild cheese.

### 3.

Baked or boiled potato.

Corn on the cob, with butter.

Cooked cabbage, or other succulent vegetable.

Cabbage slaw.

Dish of ice cream, if desired.

## ON 3 MEALS A DAY

### V

#### *Cold Weather Menus for Adult Meat Eaters Doing Light Work*

##### 1.

One or two dishes of stewed prunes.  
Glass of milk, or a dish of cottage cheese.

##### 2.

Vegetable soup.  
Whole wheat biscuits, or toast, with butter.  
Dish of gelatin, or cup of custard.

##### 3.

Helping of roast beef with natural gravy.  
Cooked onions and parsnips.  
Dish of cabbage slaw.  
Baked apple.

---

##### 1.

Corn bread with butter.  
A few figs, or dates, cooked or raw.

## HOW TO LIVE

### 2.

Dish of steamed or cooked rice.

Raisins, either cooked with the rice  
or on the side.

Glass of whole milk.

### 3.

Two eggs.

Spinach and cooked turnips.

Celery, or salad of raw vegetables.

Gelatin, or custard.

---

### 1.

Baked apples.

Figs, or raisins, cooked or raw.

Glass of whole milk.

### 2.

Whole wheat toast, or baked potato,  
with butter.

String beans, or young peas.

Vegetable soup goes well with this  
meal.

### 3.

Chicken, stewed or baked.

Cooked cabbage.

Cabbage slaw, or lettuce.

Dish of stewed fruit.



## ON 3 MEALS A DAY

1.

Oatmeal with butter or whole milk.

Raisins, or figs, or dates.

2.

Bean soup, containing plenty of beans.

A sidedish of parsnips, or carrots.

Cup of custard.

3.

Baked fresh fish, or fresh meat.

String beans and stewed or steamed onions.

Cabbage slaw, or celery.

Baked apple, or dish of stewed fruit.

---

1.

Cooked whole brown rice, with or without raisins.

Glass of milk, or dish of cottage cheese.

2.

Ripe bananas.

Peanut kernels, or nut meats.

One piece of whole wheat bread if desired.

## HOW TO LIVE

### 3.

Roast leg of mutton with natural gravy.

Beets, or carrots.

Onions, or spinach.

Salad of fruit and nuts.

(NOTE.—Frying is a good way to spoil foods. Vegetable soup may be used at any dinner or lunch.)

## VI

### *Cold Weather Menus for Adult Meat Eaters Doing Manual Labor*

#### 1.

Large dish of oatmeal.

Raisins, or figs.

Glass of milk.

#### 2.

Whole wheat bread and butter.

Four or five slices of crisp bacon, or some cheese. (In sandwich form if most convenient.)

## ON 3 MEALS A DAY

### 3.

Roast or boiled beef, with the natural gravy.

Turnips and parsnips.

Cabbage slaw.

Dish of stewed prunes, if desired.

---

### 1.

Bananas.

Corn bread, or gems, with butter.

Buttermilk, or sweet milk.

### 2.

Vegetable soup (if at home).

Rye bread with butter.

Either mild cheese, or custard.

### 3.

Fresh fish, or meat, or eggs.

Stewed onions and carrots.

Salad of raw apples and cabbage.

Baked apple, or fruit whip.

(NOTE.—You can get up lots of steam on these menus.)

## HOW TO LIVE

### VII

#### *Cold Weather Menus for Vegetarians Doing Light Work*

##### 1.

Bananas, or baked apples.  
Raisins.  
Glass of milk, if desired.

##### 2.

Vegetable soup.  
Baked potato with butter.  
Celery. Ripe olives, if desired.

##### 3.

Meats of pecans or almonds.  
Dish of parsnips.  
One or two slices of whole wheat  
bread with butter.  
Lettuce, or dish of vegetable salad.

---

##### 1.

Corn bread, or cooked brown rice,  
with butter.  
A glass of milk.  
Dates, or raisins, if desired.

## ON 3 MEALS A DAY

### 2.

Sweet prunes, or figs, cooked or raw.

Apple, cooked or raw.

Peanut kernels, or nut meats.

### 3.

Eggs, or nut meats.

Cauliflower and canned corn.

Vegetable salad, or cabbage slaw.

Dish of fruit, or fruit whip.

---

### 1.

Oatmeal, or bran biscuits.

Glass of rich milk.

Figs, or dates, if desired.

### 2.

Baked potato with butter.

Dish of green peas.

Lettuce, or celery, or endive, or romaine.

### 3.

Pecan nut meats.

A dish of turnips and a dish of cauliflower.

Stewed prunes, or baked apple with cream.

## HOW TO LIVE

### 1.

Bananas, baked or raw.  
An orange, or a raw apple.

### 2.

Brown rice cooked with raisins,  
eaten with or without milk, or cream.

### 3.

Baked or boiled navy beans, or  
lentils.  
String beans and cooked cabbage.  
Lettuce, or other green stuff.

---

### 1.

Whole wheat toast, or oatmeal.  
One or two eggs, or a glass of milk.

### 2.

Figs, or dates, or raisins.  
Apples, baked or raw.

### 3.

Vegetable soup.  
Baked sweet potato, or Irish potato.  
Cooked onions and a dish of carrots.  
Vegetable salad, sprinkled with nut  
meats.

## ON 3 MEALS A DAY

### 1.

Oatmeal, or brown rice, with or without milk.

Ripe banana.

### 2.

Baked potato with butter, or rye bread.

String beans, or cooked turnips.

Cup of custard, or a dish of ice cream.

### 3.

Nut meats of any kind.

Parsnips and spinach.

Salad of fruits and vegetables.

Ripe olives.

(NOTE.—If you wish to keep on good terms with Friend Stomach, you will make it a rule to eat simple meals. The reason for eating umpty-'leven varieties at a meal is to tickle the palate, which leads to overeating, which is unfair to Friend Stomach.)

# HOW TO LIVE

## VIII

### *Cold Weather Menus for Vegetarians Doing Manual Labor*

#### 1.

Corn bread, or graham bread, with butter.

Raisins, or dates.

#### 2.

Vegetable soup, or celery soup.

Boiled or baked potatoes with butter.

Cooked carrots, or turnips, or both.

#### 3.

Baked or boiled beans, or lentils.

Rutabagas, and a dish of string beans.

Salad of raw cabbage, apple, and grated carrots.

---

#### 1.

Oatmeal, with or without a glass of milk.

Peanut kernels, or nut meats.



## ON 3 MEALS A DAY

### 2.

Corn bread, or whole wheat bread, with butter.

Cottage cheese, or other mild cheese.

(If away from home, make sandwiches.)

### 3.

Eggs, cooked to suit taste, but not fried.

Stewed onions and cooked cabbage.

Salad of lettuce, apples and raisins.

(NOTE.—Though simple, these are hearty meals. Peanuts are cheap and, if thoroughly masticated, they are a splendid food.)

## IX

*Strictly Vegetarian Menus for Two Days—First for Sedentary Individuals, Second for Manual Laborers*

In the vegetarian menus already given, we have used eggs and dairy

## HOW TO LIVE

products, because most vegetarians use these foods; but strict vegetarians eat nothing that comes from the animal kingdom—except when they are too young to know better, and then they too live on a milk diet. Here are menus containing no animal products:

### 1.

Baked or raw apple.

Figs, cooked or raw.

Dish of berries, if desired.

### 2.

Vegetable soup, no meat stock.

Baked potato with nut or peanut butter.

Celery, or lettuce.

### 3.

Meats of pecans, or English walnuts.

Carrots and spinach.

Salad of either fruits or vegetables.

Raisins, or ripe olives.

## ON 3 MEALS A DAY

### 1.

Dish of oatmeal, or cooked brown rice.

Peanut kernels, or peanut butter.

Raisins, or figs, or dates.

### 2.

Vegetable soup, or cooked carrots.

Whole wheat bread, or rye bread, with peanut butter, or nut butter.

### 3.

Navy beans, or lentils, or cooked ripe limas.

Cooked cabbage and string beans.

Cabbage slaw, or vegetable salad.

A few raisins.

(NOTE.—Olive oil, peanut oil, or cottonseed oil may be used in place of peanut butter or nut butter.)

## X

### *Sample Menus for Children from Four to Ten Years of Age*

#### 1.

Whole wheat biscuits, or toast, with butter.

Glass of whole milk.

## *HOW TO LIVE*

### 2.

Stewed prunes, well masticated.  
Glass of milk.

### 3.

Baked potato with butter.  
String beans and cauliflower.  
Glass of milk, or cup of custard.

---

### 1.

Puffed wheat, or flaked cereal food.  
Glass of milk.

### 2.

Baked, raw or stewed apples.  
Raisins.  
Glass of milk, or dish of cottage  
cheese.

### 3.

Whole wheat or graham muffins.  
Cooked onions, or carrots.  
Celery, or lettuce.  
Glass of milk.

## ON 3 MEALS A DAY

### 1.

Cooked or steamed brown rice with raisins.

Glass of milk.

### 2.

One egg, boiled, poached or cod-dled.

Dish of green peas.

Dish of prunes.

### 3.

Whole wheat biscuits, or toast, with butter.

Figs, or dates.

Glass of milk, or buttermilk.

---

### 1.

Puffed rice, or puffed wheat, with honey.

Glass of milk.

### 2.

Graham crackers, or whole wheat biscuits.

Dish of ice cream, or cup of custard.

## HOW TO LIVE

### 3.

Stale whole wheat bread with butter.

New peas, or cooked beets.

Raisins, figs, or dates.

Dish of cottage cheese, or glass of milk.

---

### 1.

Whole wheat toast with butter and honey.

Glass of whole milk.

### 2.

Rice and raisins—no sugar.

Glass of whole milk.

### 3.

An egg, boiled, scrambled, poached, or coddled.

Cooked carrots and string beans.

Salad of apples and lettuce.

Prune whip, or other kind of fruit whip.

(NOTE.—Young children should not eat meat. The chief dependence

## ON 3 MEALS A DAY

should be on whole wheat products and good milk. Don't force children to eat. Whenever you tease, coax, beg or force a child to eat, you are harming that child—going contrary to nature, and nature is much wiser than you or I. The simpler the child is fed the stronger, sturdier, healthier and sunnier the child will be. If you want a real healthy child, one that is in no danger of dying on your hands, cut out the lunching.)

### XI

#### *Menus for Children Above the Age of Ten*

##### 1.

Whole wheat biscuits, or whole wheat toast with butter.

Raisins or figs.

Glass of milk, or buttermilk.

##### 2.

Baked potato, or macaroni and cheese.

Cooked cabbage, or cauliflower.

Glass of milk.

## HOW TO LIVE

### 3.

One or two eggs, or shelled peanuts.  
Carrots and peas cooked together.  
Parsnips, boiled or steamed.  
Either some fresh fruit, or a raw vegetable salad.

---

### 1.

Corn bread with butter.  
Honey.  
A few dates, if desired.  
Glass of milk, if desired.

### 2.

Whole wheat zwieback with butter.  
A generous dish of either custard or ice cream.

### 3.

Fresh fish or pecan nut meats.  
A baked potato with butter or peanut butter.  
Asparagus.  
Celery or a vegetable salad.

(NOTE.—After reaching the age of ten, children may live very much as



## *ON 3 MEALS A DAY*

their elders do, but the less meat they eat the better. Coffee, which is bad for everybody, is a special detriment to children. Simple, natural foods, plainly prepared and but a few dishes served at a meal, will help to make rosy, sunny children with vigorous bodies and keen minds. Mushy foods are an abomination for children, and cause much disease. Teach the children to masticate very thoroughly and eat slowly. Lunching is a bad habit, but if a child must have a lunch in the afternoon to satisfy friends, family, or an exceptionally vigorous appetite, it should be only some kind of fruit. Children can be raised in good health at all times, though it is rarely done. Sickness shows that somebody has failed to do his or her duty. Children need more starchy food than the average adult.)

## EPILOGUE

Writings on hygiene and health have been accessible for centuries, but never before have books and magazines on these subjects been as numerous as they are to-day. Most of the information is so general, vague and indefinite that only a few have the time and patience to read the thousands of pages necessary to learn what to do to keep well. The truth is to be found in the archives of medicine, in writings covering a period of over thirty centuries, but it is rather difficult to find the grains of truth.

Health is the most valuable of all possessions, for with health one can attain anything else within reason. A few of the great people of the world

## EPILOGUE

have been sickly, but it takes men and women sound in body and mind to do the important work. Healthy men and women are a nation's most valuable asset.

*It is natural to be healthy, but we have wandered so far astray that disease is the rule and good health the exception. Of course, most people are well enough to attend to their work, but nearly all are suffering from some ill, mental or physical, acute or chronic, which deprives them of a part of their power.*

The average individual is of less value to himself, to his family and to society than he could be. His bad habits, of which he is often not aware, have brought weakness and disease upon him. These conditions prevent

## *EPILOGUE*

him from doing his best mentally and physically.

Under favorable conditions people should live in comfort and health to the age of one hundred years or more, useful and in full possession of their faculties. Barring accidents, which should be less numerous when people fully realize that unreasonable haste and speed are wasteful and that life is more valuable than accumulated wealth, human life could and should be a certainty. There should be no sudden deaths resulting from the popular diseases of to-day. In fact, pneumonia, typhoid fever, tuberculosis, cancer and various ills that are fatal to the vast majority of the race, should and could be abolished. This may sound idealistic, but though such re-

## *EPILOGUE*

sults are not probable in the near future, they are possible.

Civilization is favorable to long life so long as the people are moderate and live simply, but when it degenerates to sensuous softness, individual and racial deterioration ensue. Among savages the infant mortality is very great, but such ills as cancer, tuberculosis, smallpox and Bright's disease are rare. These are luxuries which are generally introduced with civilization. Close housing, too generous supply of food, too little exercise and alcohol are some of the fatal blessings which civilized man introduces among savages.

The state of the individual health is not satisfactory. There is too much illness, too much suffering and too many premature deaths. It is estimated that in our country about three

## *EPILOGUE*

millions of people are ill each day, on the average. The monetary loss is tremendous and the anguish and suffering are beyond estimate.

Many dread old age because they think of it in connection with decrepitude, helplessness and the childish querulousness popularly associated with advancing years. This is not a natural old age; it is disease. Natural old age is sweet, tolerant and cheerful. There are few things in life more precious than the memory of parents and grand-parents grown old gracefully, after having weathered the storms of appetites and passions, the mind firmly enthroned and filled with the calm toleration and wisdom that come with the passing years of a well spent life.

A busy mind in a healthy body does

## *EPILOGUE*

not degenerate. The brain, though apparently unstable, is one of the most stable parts of the body.

We should desire and acquire health, because when healthy we are at our maximum efficiency. We are able to enjoy life. We have greater capacity for getting and giving. We live more fully. Being normal, we are in harmony with ourselves and with our associates. We are of greater value all around. We are better citizens.

It takes about six months to learn stenography. It requires a long apprenticeship to become a first-class blacksmith or horseshoer. To obtain the rudiments of a physician's art it is necessary to spend four to six years in college. To learn a language takes an apt pupil at least a year. A lawyer must study from two to four years to

## EPILOGUE

become a novice. A businessman must work many years before he is an expert in his line. Not one of these attainments is worth as much as good health, yet an individual of average intelligence can obtain enough knowledge about right living during his spare time in from two to six months to assure him of good health, if he lives as well as he knows how. Is it worth while? It certainly is, for it is one of the essentials of life. Health will increase one's earning capacity and productivity and more than double both the pleasure and the duration of life.

*Disease is a very expensive luxury.* Health is one of the cheapest, though one of the rarest, things on earth. There is no royal road to health. If there is any law of health it is this:



## EPILOGUE

*Only those will retain it permanently who are deserving of it.*

So endeth this work. The knowledge in this little book is invaluable, though the book does not cost much money. It is a case of good things coming in a small package.

I have heard the expression that "people do not care to lower their standard of living." Living as here advocated is not lowering any standard. It is raising the standard. Living so that disease comes from time to time is indeed living according to a low standard. Living so as to have health at all times, which is what I have been trying to show you how to do, is far above the ordinary standard.

Nature gives health to all who deserve it. Those deserve it who obtain the correct knowledge of how to live,

## EPILOGUE

and put this knowledge into practice. Indeed you can have health in spite of all the germs in the universe. Live as you should and health will be yours.

*Right eating is almost enough in itself to insure health. It is economical, builds health and reduces the cost of living.*

This is a small package, but you will not be able to assimilate all the useful information in one reading. Study this book again, put its teachings into practice, and by so doing build up your physical and mental efficiency and at the same time reduce the cost of living.

# EATING FOR HEALTH AND EFFICIENCY

BY R. L. ALSAKER, M. D.

This is a specific, practical work on diet for everybody, from infancy to old age, in various conditions of life. It is a plain book for those who would eat and be healthy. It tells what, when and how to eat for Health and Efficiency. 500 pages. Among the interesting subjects treated are—

The Importance of Proper Eating  
Classification of Foods  
Meat Eating—Vegetarian Diet  
Correct Food Combining  
Feeding the Baby—The Children  
Feeding After Passing Middle Age  
Laxative Foods—Constipating Foods  
Eating to Gain Weight—Eating to Lose Weight  
When and How to Eat—How Much to Eat  
Feeding in Acute and Chronic Diseases  
Eating in Restaurants—Eating in the Country  
Popular Menus and Comments  
Raw Foods—Candies and Confections—Nuts  
and Peanuts  
Diet Hints for Different Types  
What and When to Drink  
Popular Healing Systems Explained  
Hundreds of Other All-Important Subjects

PRICE (one volume) \$3.00 net

FRANK E. MORRISON

Publisher

1133 Broadway

New York, N. Y.

# MAINTAINING HEALTH

(Formerly Health and Efficiency)

BY R. L. ALSAKER, M. D.

This is a general health book for everybody, explaining how to remain healthy at all times. With it any individual can understand how to regain and retain health.

Doctors find this book extremely useful and a number of them are recommending it to their patients for its educational value. Some have found it so helpful that they have already taken from twenty-five to fifty copies each.

This book is printed on the best quality of paper, clear type, contains over 400 pages, and is handsomely bound in half leather and cloth.

Some chapter headings:

Preliminary Considerations—Humanity, Health and Healers

Food—General Consideration

Care of the Skin—Baths—Friction—Clothing

Exercise—Breathing and Ventilation—Sleep

Fasting—When and How to Fast—Symptoms

Children—Prenatal Care—Infancy—Childhood—

Mental Training

Duration of Life—Living to Old Age in Health and Comfort

Evolving into Health—How It Is Often Done—  
A Case

Retrospect—A Summing-up of the Subject

PRICE (one volume) \$3.00 net

**FRANK E. MORRISON**

Publisher

1133 Broadway

New York, N. Y.







LIBRARY OF CONGRESS



0 014 335 298 5

